ISSN 2181-1709 (P)
ISSN 2181-1717 (E)

2025/№ 9

TA'LIM VA INNOVATSION TADQIQOTLAR

ОБРАЗОВАНИЕ И ИННОВАЦИОННЫЕ ИССЛЕДОВАНИЯ

EDUCATION AND INNOVATIVE RESEARCH

ХАЛҚАРО ИЛМИЙ-МЕТОДИК ЖУРНАЛ

МЕЖДУНАРОДНЫЙ НАУЧНО-МЕТОДИЧЕСКИЙ ЖУРНАЛ

INTERNATIONAL SCIENTIFIC AND METHODICAL JOURNAL

TA'LIM VA INNOVATSION TADQIQOTLAR
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International scientific methodical Journal EIR

№ 9/2025
SENTABR

Tahririyat manzili:
Buxoro shahar,
Q.Murtazoyev ko'chasi, 16-uy

E-mail:
eirjurnal2020@gmail.com

Jurnalning elektron sayti:
www.interscience.uz

Jurnal OAK Rayosatining 2021 yil30 sentyabrdagi 306/6-son Qarori bilan **PEDAGOGIKA, PSIXOLOGIYA, FILOLOGIYA, TARIX FANLARI** bo'yicha falsafa doktori (PhD) va fan doktori (DSc) ilmiy darajasiga talabgorlarning dissertatsiya ishlari yuzasidan asosiy ilmiy natijalarini chop etish tavsiya etilgan ilmiy nashrlar ruyxatiga kiritilgan

Bosishga ruxsat etildi:
04.09.2025 y.
Qog'oz bichimi 60x84 1/8.
b/t.12,5.
Buyurtma raqami №0324
«FAN VA TA'LIM» nashriyotida chop etildi. Buxoro shahar
https://interscience.uz/ saytida joylashtirildi

Jurnal 28.07.2021 yilda 9305 raqami bilan O'zbekiston Ommaviy axborot vositalari davlat ro'yxatidan o'tgan

Jurnal 2020 yilda tashkil topdi va 2 oyda 1 marta chop etildi. 2021 yil noyabr oyidan boshlab har oyda 1 marta o'zbek, rus va ingliz tillarida chop etiladi

«Ta'lim va innovatsion tadqiqotlar» xalqaro ilmiy-metodik jurnalidan ko'chirib bosish tahririyatning roziligi bilan amalga oshiriladi

Maqolada keltirilgan faktlarning to'g'riligi uchun muallif mas'uldir

TA'LIM VA INNOVATSION TADQIQOTLAR

ОБРАЗОВАНИЕ И ИННОВАЦИОННЫЕ ИССЛЕДОВАНИЯ

EDUCATION AND INNOVATIVE RESEARCH

INTRODUCTION OF DISTANCE EDUCATION PLATFORMS INTO THE EDUCATIONAL PROCESS OF CHILDREN'S SPORTS SCHOOLS

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Annotation. The implementation of distance learning platforms in youth sports schools has gained significant prominence, particularly in response to the COVID-19 pandemic, which has severely disrupted traditional teaching methods across the globe. These platforms provide unprecedented levels of flexibility and accessibility, allowing students to continue their learning regardless of geographic conditions, socioeconomic impacts, or other barriers that previously helped to drive their economies [4]. The urgency to adapt to online formats has accelerated the adoption of these technologies, prompting educators to explore innovative approaches to engaging young athletes at a distance while addressing the inherent challenges of teaching motor-cognitive activities online]5]. The transition of sports education to distance learning has revealed both opportunities and challenges. While the integration of platforms such as learning management systems (LMS) and virtual classrooms has allowed educators to maintain learning continuity, it has also exposed limitations related to student engagement and the quality of the educational experience. Concerns about the effectiveness of distance learning in developing physical skills, as well as accessibility issues for disadvantaged students, have become key controversies in the discourse on distance learning in sports [11]. This article reviews and analyzes several literatures and sources devoted to the disclosure of this problem. The positive aspects of the introduction of distance learning platforms into the educational process of sports schools are described.

Key words: distance education platforms, sports schools,technology, implementation, pandemic, education, distance learning.

ВНЕДРЕНИЕ ПЛАТФОРМ ДИСТАНЦИОННОГО ОБУЧЕНИЯ В ОБРАЗОВАТЕЛЬНЫЙ ПРОЦЕСС ДЕТСКИХ СПОРТИВНЫХ ШКОЛ

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Аннотация. Внедрение платформ дистанционного обучения в молодежных спортивных школах приобрело особую актуальность, особенно в ответ на пандемию COVID-19, которая серьезно нарушила традиционные методы преподавания во всем мире. Эти платформы обеспечивают беспрецедентный уровень гибкости и доступности, позволяя учащимся продолжать обучение независимо от географических условий, социально-экономических факторов или других барьеров, ранее ограничивавших их возможности [4]. Необходимость адаптации к онлайн-форматам ускорила внедрение таких технологий, побуждая педагогов искать инновационные подходы к вовлечению юных спортсменов на расстоянии и одновременно решать присущие дистанционному обучению проблемы преподавания моторно-когнитивных навыков [5].

Переход спортивного образования на дистанционное обучение выявил как новые возможности, так и трудности. Интеграция таких платформ, как системы управления обучением (LMS) и виртуальные классы, позволила педагогам сохранять непрерывность учебного процесса, но одновременно выявила ограничения, связанные с вовлеченностью

учащихся и качеством образовательного опыта. Вопросы эффективности дистанционного обучения при развитии физических навыков, а также проблемы доступности для социально незащищенных учащихся стали ключевыми темами в обсуждении дистанционного образования в спорте [11].

В статье рассмотрены и проанализированы различные источники и исследования, посвященные раскрытию данной проблемы. Описаны положительные стороны внедрения платформ дистанционного обучения в образовательный процесс спортивных школ.

Ключевые слова: платформы дистанционного обучения, спортивные школы, технологии, внедрение, пандемия, образование, дистанционное обучение.

MASOFAVIY TA'LIM PLATFORMALARINI BOLALAR SPORT MAKTABLARI TA'LIM JARAYONIGA JORIY ETISH

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Annotatsiya. Yoshlar sport maktablarida masofaviy ta'lim platformalarini joriy etish masalasi ayniqsa COVID-19 pandemiyasidan so'ng dolzarb ahamiyat kasb etdi. Mazkur pandemiya an'anaviy ta'lim jarayonlarini butun dunyo bo'ylab izdan chiqarganligi sababli, masofaviy platformalar ta'lim jarayonida ilgari kuzatilmagan darajadagi moslashuvchanlik va qulaylikni ta'minlab, o'quvchilarga geografik sharoit, ijtimoiy-iqtisodiy omillar yoki boshqa to'siqlardan qat'i nazar ta'limni davom ettirish imkonini yaratdi [4]. Onlayn o'qitish formatlariga tezkor moslashuv zarurati bu texnologiyalarni keng joriy etishga turtki bo'ldi hamda pedagoglarni masofadan turib o'quvchilarni jalb etishning innovatsion yondashuvlarini izlashga undadi. Shu bilan birga, masofaviy o'qitish orqali motor va kognitiv faoliyatlarni samarali o'rgatishdagi murakkabliklar ham yuzaga chiqdi [5].

Sport ta'limini masofaviy shaklga o'tkazish yangi imkoniyatlar bilan bir qatorda, qator muammolarni ham yuzaga keltirdi. O'quv jarayonining uzluksizligini ta'minlashda o'qituvchilarga yordam beruvchi ta'limni boshqarish tizimlari (LMS) va virtual sinflar kabi platformalar integratsiyasi samarali bo'lsa-da, bu tizimlar o'quvchilarning faolligi hamda ta'lim sifati bilan bog'liq cheklovlarni ham namoyon etdi. Ayniqsa, jismoniy ko'nikmalarni rivojlantirishda masofaviy ta'limning samaradorligi va ijtimoiy jihatdan himoyaga muhtoj o'quvchilar uchun ta'limning teng imkoniyatda mavjudligi masalalari asosiy bahs mavzusiga aylandi [11].

Maqolada ushbu muammoni yoritishga bag'ishlangan turli manbalar va ilmiy tadqiqotlar tahlil qilingan. Shuningdek, sport maktablari ta'lim jarayoniga masofaviy ta'lim platformalarini joriy etishning ijobiy jihatlari yoritib berilgan.

Kalit so'zlar: masofaviy ta'lim platformalari, sport maktablari, texnologiya, joriy etish, pandemiya, ta'lim, masofaviy o'qitish.

Introduction. The shift to online education has caused a reevaluation of educational practices, encouraging schools to implement holistic programs that increase accessibility and promote engagement. Initiatives have been created to improve mentoring and volunteer leadership in youth sports programs to ensure that students receive adequate support during their education. In addition, the adoption of adaptive learning and data analytics technologies is expected to shape the future of distance learning in children's sports education to optimize individual performance and learning outcomes. Overall, the continued evolution of distance learning platforms represents a significant shift in children's sports education, driven by the need to innovate in unprecedented times. As educational institutions continue to refine these approaches, lessons learned from this period are

likely to influence long-term strategies for integrating technology into physical education with a focus on enhancing sustainability, accessibility, and comprehensive development among young athletes.

The adoption of distance learning platforms in the educational process of children's sports schools has evolved significantly, especially in response to global disruptions such as the COVID-19 pandemic. The pandemic, which began in early 2020, has had a profound impact on various sectors, including education. As a result of social isolation measures, educational systems around the world were forced to reorganize traditional teaching methods, transforming them into online formats to ensure the continuity of learning [4],[5]. Before the pandemic, distance learning was already gaining momentum in many educational institutions, providing flexibility and accessibility for students. However, the urgency created by the pandemic accelerated the adoption of these platforms in an unprecedented way. In the field of physical education and sport, this transition presented unique challenges due to the need for motor-cognitive activities that are difficult to teach in a purely online environment [11]. Historically, children's sports education emphasized direct interaction between instructors and students, with physical presence being critical for skill acquisition and social development. The dramatic shift to distance learning has required educators to innovate and find effective methods to engage students remotely. The pandemic has provided opportunities for students to grow that might not have occurred in more typical educational circumstances, highlighting both the potential and challenges of the online learning environment [15]. This historical context illustrates a turning point in educational practice in youth sports schools, marking a shift to more integrated and technology-enabled approaches to teaching physical education. While the pandemic has highlighted the limitations of online formats for some subjects, it has also demonstrated the resilience of educational institutions and the ability of educators to adapt to new teaching methods. The lessons learned during this period continue to influence the design and implementation of distance learning platforms in the context of youth sports education.

Analysis. An analysis of the problematic educational process in traditional schools without distance learning reveals a number of difficulties associated with the traditional form of education.

Main problems

1. Incompatibility of the educational and training process

Athletes are forced to combine the standard school curriculum with intensive training, which leads to overload and a decrease in the quality of assimilation of the material.

Frequent absences from classes due to participation in competitions and training camps negatively affect academic performance.

2. Lack of flexibility in the educational program

A fixed schedule of lessons does not take into account the individual sports loads of students.

There is no possibility to adapt the program to the needs of athletes, which leads to difficulties in mastering the educational material.

3. Problems with the teaching staff

Teachers who do not have experience working with student athletes do not always understand their characteristics and needs.

Difficulties in organizing additional classes for lagging students due to the workload of teachers.

4. Limited access to educational resources

Without distance learning, students cannot use digital platforms and online courses to independently study the material they missed.

Using only traditional educational materials limits the possibilities for self-study.

5. Lack of an individual approach

It is difficult to organize personalized training in the classroom for athletes who often miss classes.

Lack of additional consultations due to the busy schedule of teachers.

Modern research emphasizes the importance of digital technologies in the educational process. The introduction of electronic and distance learning contributes to the individualization of education, increased motivation of students and expanded opportunities for independent work. At the same time, it is noted that there is a need to adapt the regulatory framework for the effective digitalization of education [1].

The use of information and communication technologies (ICT) in educational institutions, including children's sports schools, helps improve the quality of education. The use of multimedia, interactive whiteboards and other digital tools makes learning more visual and engaging for children, which helps them better absorb the material.

Distance learning provides an opportunity to receive education at home, which is especially important in conditions of limited access to educational institutions. The main goal of such training is to provide the child with opportunities to receive a quality education, as well as to provide pedagogical support and advisory assistance to parents [2].

Distance learning in sports schools is a relatively new but rapidly developing form of the educational process. In the context of digitalization, as well as the forced transition to remote formats during the COVID-19 pandemic, this approach has received special attention.

Let's consider the definition and features of distance learning in sports. Distance learning in sports schools combines online courses, webinars, video training, virtual methodological classes and interactive educational platforms.

The book Anderson, T. (2008). The Theory and Practice of Online Learning. Athabasca University Press. discusses the key principles of applying distance learning, which can ultimately be adapted for sports schools of institutions. And the book Moore, M. G. & Kearsley, G. (2011). Distance Education: A Systems View of Online Learning. Cengage Learning. provides a detailed systems view of distance learning applicable in the sports field.

Sources such as Hodges, C. et al. (2020). The Difference Between Emergency Remote Teaching and Online Learning. Educause Review describes the differences between a temporary transition to an online format and full-fledged distance learning, where the advantages and limitations of distance learning in sports schools are described in detail.

Advantages:

Flexibility of the training schedule.

The opportunity to learn from leading coaches regardless of location.

Access to digital simulators and analytical tools.

Limitations:

Lack of physical control over the technique of performing exercises.

Limited tactile and visual contact between the coach and the student.

The source Salmon, G. (2002). E-tivities: The Key to Active Online Learning. Routledge considers some aspects of online activity applicable to the training of athletes.

Some sources such as Tovar, L. & Nascimento, J. (2021). Digital Technologies in Sport Education: New Pedagogical Strategies. Journal of Sports Science & Medicine analyze the impact of digital technologies on sports education.

Many sports schools are already successfully using distance technologies. For example:

Using the Zoom platform for theoretical classes and tactical analysis.

Using VR and AR technologies to simulate game situations (for example, in football and hockey).

Training programs with movement analysis through applications with artificial intelligence (Coach's Eye, Hudl).

Distance learning platforms have revolutionized the educational landscape, especially in youth sports schools, by providing flexible, accessible, and engaging learning opportunities. These

platforms use a range of technology tools that facilitate the delivery of educational content and improve student engagement.

Let's look at the types of distance learning platforms:

Learning Management Systems (LMS) such as Schoology, Canvas, and Blackboard Learn play an important role in organizing online education. These platforms provide a centralized space to deliver course content, track student progress, and facilitate communication through features such as discussion boards and messaging tools. This integrated management approach helps instructors maintain an effective learning environment, regardless of class size or physical location [16],[17].

E-learning platforms, specialized e-learning platforms such as Khan Academy offer comprehensive resources tailored to different learning styles. These platforms often include video lessons, practical exercises and assessments, allowing students to progress at their own pace, which is particularly useful in a sporting context where individual learning speeds can vary [3],[6].

Virtual classrooms utilizing video conferencing tools such as Zoom or Microsoft Teams allow for real-time interaction between instructors and students. This synchronized approach to learning fosters immediate feedback and engagement, which is essential for skill development in athletic training [3],[17]. Scheduled classes ensure that students can participate in structured, interactive online lessons that replicate the experience of traditional face-to-face classes.

Interactive Tools In addition to traditional educational resources, interactive tools such as Kahoot! gamify the learning process. These platforms create quizzes and games that encourage engagement and motivation among students, making the learning process enjoyable and effective [3]. In addition, language learning apps and self-study websites offer specialized content that can improve communication and strategic understanding in team sports.

Analysis and results. Distance learning platforms offer numerous benefits to children's sports schools. First, they break down geographical barriers, allowing students from different locations to access high-quality learning resources. This democratization of education means that even those in remote or underserved areas can benefit from experienced coaches and learning materials [3]. Second, the cost-effectiveness of distance learning is significant. By eliminating travel costs and providing many free or low-cost resources, these platforms make sports education more accessible to families [3],[6]. In addition, the self-paced nature of online learning allows for a variety of learning styles, allowing students to spend more time mastering skills that seem challenging while making faster progress in areas in which they excel [3].

The introduction of distance learning platforms in children's sports schools has become a critical response to the challenges posed by the COVID-19 pandemic. As traditional sports programs faced significant disruptions, many children lost access to the physical exercise and social support networks that sport provides.

In implementing distance learning platforms to increase accessibility and student engagement and improve the quality of education, the following actions can be taken:

Developing Whole-School Programs - To bridge the gap in access to sport, youth sports schools can develop holistic whole-school programs that provide students with access to quality coaching, equipment, and facilities. This foundational approach is vital to creating a strong sporting culture that promotes both the physical and mental health of students [13]. Additionally, by integrating extracurricular activities that emphasize sport, schools can create an environment where children are not only physically active but also motivated to succeed academically.

Mentor Experience and Leadership - An equally important aspect of implementation is the development of mentor leaders who can lead youth sports programs. Engaging enthusiastic leaders as mentors enhances the athletic experience of young athletes by providing invaluable experience and role models. Training these leaders is essential so that they can effectively influence participants and help them reach their potential [13].

Research shows that participation in sports can have a positive impact on various aspects of

children's development, including academic achievement. Sport teaches discipline, leadership and conflict resolution skills, which are critical for success both in school and in life [14]. Thus, integrating sport into children's education is not just about improving physical health, but also a multifaceted approach to promoting overall well-being.

In response to the challenges of distance learning during the pandemic, initiatives such as the UNICEF-supported TeenZ sports project were launched to promote sport as a means of maintaining physical and mental health among adolescents between the ages of 10 and 18. This program is an example of how organizations can adapt to current constraints by offering remote training and activities that keep youth engaged and active, even while at home.

Distance learning platforms offer numerous benefits to sports students, including enhancing their educational experience and combining sports.

Flexibility and accessibility

One of the most important benefits of distance learning is its inherent flexibility. Students can access study materials and complete assignments at their convenience, adjusting to their busy schedules as they travel to competitions or practices. This flexibility helps reduce stress, allowing student-athletes to excel both academically and athletically [7]. In addition, online education provides greater accessibility, allowing students in remote areas to participate in quality educational programs without having to travel long distances [3].

Increased engagement and participation

Online sports programs can also help increase engagement among students. Many young athletes, especially those who may experience anxiety or health issues, find the home environment more comfortable for learning and participating in physical activities. This familiar environment can lead to higher levels of motivation and engagement in both the academic and athletic components of their education. In addition, the distance learning model allows for a comprehensive approach to athletic education, including elements such as mental preparation and nutrition along with physical skills, thereby enhancing overall development [10].

Improving academic performance

Integrating sports and academics through distance learning can lead to improved academic outcomes for students. By participating in online extracurricular sports programs, students maintain connections with their peers, which is essential for their social development. As schools begin to reopen and address academic gaps caused by previous disruptions, providing robust sports programs through distance learning can be critical, especially for disadvantaged youth [12].

Cost efficiency

Distance learning can also be a more cost-effective alternative to traditional education. Families can save on travel and related expenses, making it easier to access quality educational resources and programs without significant financial hardship. This affordability can make sports education more accessible to a wider range of students, ultimately benefiting a more diverse group of young athletes [10].

The implementation of distance learning platforms in children's sports schools faces a number of significant challenges and limitations that can affect the effectiveness of educational outcomes.

Quality assessment: Research shows that assessing the quality of distance learning-related research is critical. Overall quality assessments are typically derived from several criteria, resulting in ratings of "strong," "moderate," or "weak." Studies that are well-aligned in terms of methodology and theoretical underpinnings are rated higher, while those that exhibit inconsistencies or methodological weaknesses receive lower ratings. However, quality assessment in this area is complicated by inherent challenges such as respondent burden and deteriorating data quality, highlighting the need for transparent reporting of methods and evidence [8].

Technical barriers: Technical issues pose a significant obstacle to the effective use of distance learning platforms such as Edmodo, Zoom, and Google Meet. Limited access to the necessary equipment and stable internet connections can seriously hinder students' ability to engage with

online content, especially in rural areas or regions with poor communication infrastructure. Additionally, digital privacy issues related to the collection and storage of personal data may raise concerns among users, which may impact their willingness to engage with these platforms [19].

Engagement and Motivation: Student engagement is critical to the success of distance learning; however, many students struggle to stay motivated in a virtual environment. The lack of face-to-face interaction can lead to feelings of isolation and alienation. To combat this, interactive learning platforms that facilitate collaboration and real-time feedback are needed; however, not all platforms effectively meet these needs [18].

Socioeconomic Factors: The effectiveness of distance education may also be affected by socioeconomic factors. For example, students from low-income families may face additional challenges such as lack of access to technology and inadequate support at home, which can exacerbate educational disparities. Moreover, research shows that older children and children from minority backgrounds have been disproportionately affected by distance learning during the COVID-19 pandemic, highlighting the need for targeted interventions for these demographics.

Adaptability and Learning: Varying levels of digital literacy among students present another significant limitation. Many students may not have the necessary skills to effectively navigate online platforms, which may hinder their learning progress. Tailored learning programs that focus on improving digital skills are essential to ensure that all students benefit from distance learning initiatives[18]. In addition, educational institutions should prioritize creating user-friendly platforms that accommodate different learning styles and preferences to maximize engagement and effectiveness [20].

Conclusion. The adoption of distance learning platforms in youth sports schools is set to grow significantly in the coming years. As technology advances, several trends are emerging that will shape the future of education in this sector.

As distance learning platforms become more prevalent, there will be a greater focus on lifelong learning principles in youth sports education. This approach supports the idea that education should be a continuous journey, allowing learners to gain knowledge and skills throughout their lives, regardless of age or circumstances. By providing flexible and accessible learning opportunities, distance education can empower young athletes to become independent learners and adapt to the changing demands of their sporting and academic pursuits [3].

The future of distance learning in sports schools will also see an increase in the amount of data that will be used to develop instructional strategies and analyse student performance. Educators will use data analytics to tailor learning experiences, track progress and make informed decisions about the interventions needed to support student growth [9].

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